BACKGROUND MELTIC FOR CO-CREATION EXPERIMENT

MELTIC website:

https://www.isciii.es/QuienesSomos/CentrosPropios/UITES/Paginas/ProyectosdeInvestigacion.aspx

General Objectives of MELTIC

The aim of this project is to make research activities in ICT in the area of Health and Biomedicine more open, transparent, and accessible in order to increase their social impact and thus contribute to improving the quality of life of European citizens in small communities.

To support innovative and exciting initiatives that bring together different stakeholder groups to co-create research in ICT in Health and Biomedicine.

Specific Objectives of MELTIC Project

To come up with cooperative suitable research ideas in topics such as self-learning, discriminatory misinformation and addiction prevention (Compulsive gambling, gaming and betting). The leading issue is how to use smart technologies to transform public spaces in small communities into people-friendly humane environments.

Hypothesis

The use of smart technologies in public spaces is increasingly creating new forms of social interactions and practices, which in turn creates new socio-spatial relations and promotes interactions and communication between isolated and disperse communities.

It is astounding how developments in electronics, information and telecommunications permeate our daily lives.

Throughout the MELTIC project, Information and Communications Technologies proposes to improve the quality of life of European citizens in small communities

What are we looking for?

Identifying current and future problems and opportunities in different areas related with *European Policy challenges:*

- Depopulation
- Health
- Active aging
- Education
- Youth
- Climate change.

How to solve some problems detected in these areas:

- self-learning
- discriminatory misinformation and
- the prevention of compulsive gambling

And specially in the area of ICTs in **Health and Biomedicine.**

What MELTIC project want?

Propose a dialogue about the innovation of the use of existing public spaces and/or build new ones in 3 different areas:

- Aspects of interaction among users, ICT and social behaviour
- Spatial analyses, planning methodologies and public involvement
- On-line gaming

Moreover giving attention to:

- Behaviour
- Substances (use and abuse of unhealthy)
- Education

What we know?

The technology that is currently available and frequently used is presented in Diagram 5. Technologies that provide useful help to patients, healthcare professionals, caregivers, men, women, workers, general public, children, adolescents, etc. in the studied environments.
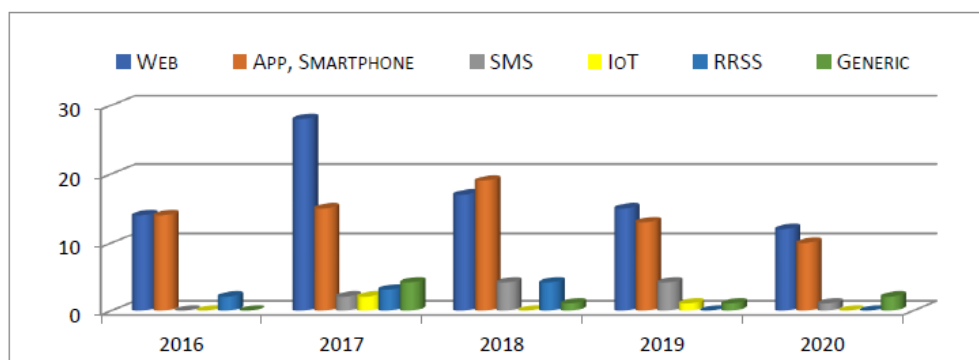

Figure 5. Applications Areas in terms of ICT (Npapers: 180)

Key messages to keep in mind in our dialogue

- **The penetration of ICT in social and healthcare environments is demonstrated**

- **Transformation of public spaces in small communities into people friendly human environments, is undertreated or partially cover**

Most of the papers included in our review only partially cover the subject matter of ICT in Health and Biomedicine and how to use smart technologies to transform public spaces in small communities into people-friendly human environments, promoting interactions and communication between isolated and disperse communities.

- **Lack of publication in the co-creation methodology**

In spite of the large number of studies that exist, there is a distinct lack of publications that evaluate co-creation methodology.

- **Apps and Webs are the most common technological options**

Analysed papers confirm the consolidation of WEB platforms and Smartphones (APPs) in comparison to other technological options over the last 5 years and reaffirms the technological options proposed in MELTIC.

- **Use of technologies can promote healthy habits or to change behaviour classed as risky.**

We observed in literature review that more than half of publications grouped under **Behaviour** refer to the use of technologies to promote healthy habits or to change behaviour classed as risky.

There is a great potential for health promotion practitioners to be involved in the development of apps for promoting healthy behaviour from the early years right up to old age, and indeed for healthcare in general.

- **Smartphone-based interventions play a key role in social and health care**

After reviewing the different works, it can be stated that smartphone-based interventions in social and health care settings play a key role in fostering the ubiquitous and proactive health oversight and healthcare services of the future, whilst having the potential to reach a high level of the population, complementing what is available on the Internet.

This review has found significant efforts dedicated to the dissemination of Internet-based interventions for prevention, treatment, and management of different disorders.

- **The use of smartphones and apps are increasing interest in the health of young subjects and improve the treatments** :

a) Creation of Apps for a remote asynchronous self-therapy based on virtual reality (VR) and augmented reality (AR). Creation of Apps for self-awareness and empowerment about the correct use of the smartphone, for instance, Apps that provide information on the time spent using different smartphone applications. An increasing interest in the design and assessment of care models with a high technological content and that provide psychological therapy to young subjects using the technologies and /tools with which they are familiar with.

b) The use of ICT in social and healthcare environments provide a lot of benefits and an important advance in the transformation of public spaces, whilst also promoting interaction and communication between isolated and disperse communities, improving the efficiency, quality, equity, interactions and communication between isolated and disperse communities.

- **Rural areas are under-treated with this type of technology because they lack means and doctors**

It is here that you can see the great potential for health promotion practitioners in the area of app development in order to promote healthy behaviour through all stages of life, with the possibility of cultural adaptation, as well as helping to fight against depopulation in rural areas.